

## **Frequently Asked Questions**

### **How many visits are needed?**

While all patients are different, most patients get long-lasting results in 4 to 8 visits. Discounted packages are available to save on cost.

### **How long does it take?**

Small areas like the upper lip take a few minutes. A larger area like the back or legs may take half an hour. Be aware that hair may be shed for a couple weeks after treatment. You can help these out by using a loofah or washcloth.

### **Does it hurt?**

The laser comes with Candela's patented built-in Dynamic Cooling Device (DCD) that sprays the skin with a fine cooling mist to minimize any discomfort. This protects the upper layers of the skin. Most patients have no pain but a few compared it to the snap of a rubber band or a stinging sensation. We rarely find it necessary to use topical anesthesia in the form of a numbing cream. Some patients note the odor of singed hairs which is normal.

### **How does it work?**

The laser creates a beam of high-intensity light that transfers energy to the hair inside the follicle causes it to heat up destroying the hair follicle. The laser targets the pigment (melanin) in the hair so the more pigment in the hair, the better the results. Under the right settings, the laser energy goes through the skin like its glass penetrating deep into the hair follicle causing permanent destruction of most hair follicles.

### **Is there anything I have to do to prepare for laser hair removal?**

Patients should avoid a tan before treatment. Your healthcare professional may have to lower the power to avoid a burn if you are tan. Also, avoid waxing or plucking at least 2 weeks before treatment. The laser depends on target (the hair) in the hair follicle for it to work. Though not necessary, shaving before the treatment may quicken the treatment time. If you suffer from cold sores or genital herpes, talk to your doctor. All makeup must be removed immediately prior to treatment.

### **How does my skin color affect treatment?**

Lighter skin makes laser hair removal easier to perform providing excellent results in fewer treatments. People with darker skin can be treated but it may take more treatments and improvement is slower. Greater expertise is required which is why people of color in particular should seek the care of a well trained physician. We suggest seeking the care of a Board-Certified Dermatologist. Laser hair removal must be individualized for each patient to provide safe, effective results.

### **Who is not a good candidate for hair removal?**

People with white or blond hair may not respond to treatment since their hair won't absorb the energy of the laser. Some patients with untreated PCOS (polycystic ovarian syndrome) may regrow hair in the future since hormonal stimulation is still present. Most patients find the

treatments lasting results more than worth the cost. Rarely, patients of Mediterranean or South Asian descent may note paradoxical re-growth in areas adjacent to the treated areas.

**Are there side effects from laser hair removal?**

Although laser hair removal is an excellent treatment option, side effects are always possible. At Goldman Dermatology, we minimize these chances as a physician is supervising or providing your treatment. Some patients briefly develop redness and swelling. We will provide a cold compress in the office to help. Potential side effects, though very rare, may include damage to the surrounding skin in the form of prolonged redness and swelling. Even more uncommon are burns or scars. Pigmentary changes or a discoloration may persist for months, but are almost always temporary. During the treatment, you will wear special goggles to protect your eyes from accidental exposure to laser light.

**Are treatments covered by insurance?**

Laser hair removal is almost always considered cosmetic. We can provide you a receipt to submit to your insurer or health savings account. The patient is responsible for payment at the time of services although financing can be arranged.